



Michigan Department of Natural Resources

BECOMING AN OUTDOORS-WOMAN

REGISTRATION FOR BOW WINTER WORKSHOP

*This information is required by authority of the Michigan Department
of Natural Resources for participation consideration.*



REGISTER EARLY!

WORKSHOP SPACE IS LIMITED

FIRST REGISTERED - FIRST ENROLLED

WHERE

**BAY CLIFF HEALTH CAMP
BIG BAY MI 49808
(ABOUT 30 MILES NORTH OF MARQUETTE)**

WHEN

**FEBRUARY 28-MARCH 2, 2014
REGISTRATION 3-5 PM ON 2/28**

COST

**\$180 INC. ALL EQUIPMENT UNLESS
SPECIFIED**

**CANCELLATION
DEADLINE**

**FEBRUARY 7, 2014
TO RECEIVE A FULL REFUND**

REGISTRATIONS WILL NOT BE ACCEPTED BY TELEPHONE, FAX OR AT WORKSHOP!

Print or type. Use separate registration for each person; photocopy for additional registrants.

Name		Are you 18 years of age or older? <input type="checkbox"/> No <input type="checkbox"/> Yes
Address		Do you have special accommodation needs (If yes, please state) <input type="checkbox"/> No <input type="checkbox"/> Yes
City, State, ZIP		
Telephone (daytime) ()	E-mail	SHIRT ORDER Info and order on 2nd registration page
Cross Country Skis needed?? <input type="checkbox"/> \$20 – see class description – pick up at Downwind Sports in Marquette	FOR SKIS: Shoe Size _____ Height _____ Weight _____	
		Release Name for Carpooling Purposes? <input type="checkbox"/> No <input type="checkbox"/> Yes

CERTIFICATION

I certify that all the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation. Further, I release the State of Michigan and its agents and instructors, from any and all liability for any such injuries.

Signature

Date

PHOTOGRAPH AND/OR VIDEO RELEASE

I hereby grant permission to use my photograph or video of me taken during this BOW event in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use.

Signature

Date

Make check or money order payable to "State of Michigan"
and send with completed and signed registration to:

**MICHIGAN DEPARTMENT OF NATURAL RESOURCES
MARQUETTE OSC
1990 US 41 SOUTH
MARQUETTE MI 49855**

OR

**MICHIGAN DEPARTMENT OF NATURAL RESOURCES
1990 US 41 South
Marquette MI 49855**

FAX: 906-228-5245

If you pay for your registration on our E-store Please
remember to send both this page and the next page with
your class choices and your shirt order to the Marquette
office either by fax or mail as soon as possible.
Questions please contact Sharon Pitz at 906-228-6561.

FOR DNR USE ONLY

Index - 28315

PCA - 20000

AOBJ - 9172



ADDITIONAL REGISTRATION MATERIALS

**Please send a copy of this page (along with the registration page)
with your desired class choices when you register to:**

Department of Natural Resources

Attn: Sharon - BOW

1990 US 41 South

Marquette MI 49855

Name		Telephone (during day) ()	
Winter Shelter Class – If you would like to sleep in the quinzee overnight on Saturday (outside) please check yes – this will help with scheduling you in the first day's class and to better accommodate those that would like to try it. <input type="checkbox"/> Yes <input type="checkbox"/> No --- SPACE IS LIMITED FOR OVERNIGHT SLEEPING©			
Roommates (randomly assigned unless specified) (please limit to 4 names – some rooms do have 7 beds but not many)			
Select and prioritize the <u>top (5) five class choices</u> you would like to attend, <u>ranking from 1 to 5</u> , from most desired to least desired. The organizing committee will do its best to ensure that as many participants as possible are enrolled in their top three (3) choices .			
___ Cross Country Skiing	___ Dog Sledding *****	___ Woods, Wildlife & Wood Burning	___ Wilderness First Aid
___ Backcountry Cooking	___ Ice Fishing	___ Fish Identification	___ Winter Shelters & Winter Camping
___ Hand & Power Tools	___ Intro to GPS/Geocach	___ Basic Snowshoe	___ Self Confidence
___ Snowmobiling	___ Perennial Gardening	___ Fly Tying	___ Back Country Skiing

***** - Dog sledding is tentative this year as our instructor may be racing the same weekend in the Copper Dog event in the Keweenaw – she won't know until the time is closer to our event (she is on the waiting list to get in) – we will still take sign ups – but please be aware that you may have to go to your 4th choice if she ends up racing....UPDATE – She is #6 on the wait list so this should be a go, cross your fingers!!

SHIRT ORDERS - This year is different!!!

You asked - We aim to please☺ Please pick which shirt you would like, size, color - and **enclose a separate check** to State of MI, 1990 US 41 South, Marquette MI 49855

If you want to purchase a shirt instead of the regular Cotton Tee that will be provided please see below for prices and information ☺ If you don't want a shirt please note that here as well

Your choices -

Long Sleeve Cotton Tee - Sizes S-3XL - **Women's sizes** - Color -Sport Gray - **Included w/registration** (screen print only) (100% preshrunk cotton)

Long Sleeve Performance Tee - Sizes S-2XL - Color Choices - Carolina Blue, Red, Charcoal - **Price \$12** (screen print only) (100% polyester - Aqua FX Wicking properties)

Crew Neck Sweatshirt - Sizes - S-3XL - Color Choices - Carolina Blue, Red, Charcoal - **Price \$17** (screen print) or **\$27** (BOW logo/embroidered) (50/50 cotton/polyester)

NAME_____

Please send this page in with
your check for your shirt along
with your registration papers

Shirt Choice Cotton Tee _____ Performance Tee _____ Sweatshirt _____

Size Small _____ Med _____ Large _____ XLg _____ XXLg _____ XXXLg _____

Color Choice Carolina Blue _____ Red _____ Charcoal _____ Sport Gray _____ (only cotton tee)

Screen Print or Embroidered - (Sweatshirt can be embroidered) _____

NO SHIRT AT ALL _____ \$\$ Enclosed _____

MUST BE 18 YRS OF AGE OR OLDER TO ATTEND

You can pay for your registration on line at michigan.gov/bow on "e-store". Once you have paid for your registration you can then mail/fax in your registration form directly to:
Department of Natural Resources, Attn: BOW, 1990 US 41 South, Marquette MI 49855 -
or fax it to 906-228-5245

(For more information/questions contact **Sharon at 906-228-6561**)

The Bay Cliff Health Camp is a non-smoking, alcohol free facility and features a sauna. Participants will need to bring their own personal items. Bathrooms/showers and rooms will be shared with other participants. Upon receipt of your registration and full payment, a confirmation will be sent by phone or e-mail. Your class schedule along with a map of the area/class locations will be sent approximately two weeks before the workshop.

Demonstration equipment will be provided by the instructors, unless otherwise noted.

Please bring/wear waterproof/breathable snow type pants for classes outdoors to help protect yourself against the elements. Blue jeans are not a good choice when you're out of doors. - See "Suggested Items to Bring for Weekend" for more details.

Classes are rated by physical exertion levels (E, M, or S). Classes marked E require little physical exertion, M is moderate, and S is strenuous exertion. Please determine your own physical abilities.

If the class is held inside for the entire time - that is noted as **inside**.

DESCRIPTION OF CLASSES

Cross Country Skiing - (M-S) Topics include equipment selection, waxing whys and how-to's, and learning basic skills. This class is for someone who has never cross-country skied before, who has never taken any formal instruction or who wants to brush up on their basic skills. *(If you don't have skis - Downwind Sports in Marquette will rent skis to you for the weekend - Please plan on stopping there on your way up to Bay Cliff to pick out your rentals - additional fee of \$20 will be paid directly to them) (see directions - attached)* **Instructor** - Paul Hannuksela & ?

Dog Sledding - (M-S) Introduction to the basics of starting up a kennel and the selection of dog breeds. What kind of sleds, equipment used, training, racing, daily handling and caring for the dogs- including feeding, team harnessing and dog psychology. Participants will harness up the teams and head out in small groups to mush along a short trail. Sign ups for this class will be given to participants that have not previously been able to take this class first. The class size is limited. **Instructors** - Teri Grout & Monica Weis - **PLEASE SEE *** ABOVE (1st page)**

Woods, Wildlife and Wood Burning - (E) (Inside) For anyone who has ever been interested in trying their hand at the wood burning art. Wood burning or pyrography is the art of decorating wood with burn marks that are applied with heated pokers or tools that are similar to soldering irons. Angel will guide the beginner and give tips to burning straight lines, shading, adding depth, highlighting, etc. You will also get tips on burning different kinds of wood, learn how to transfer your outline onto the wood of your choice, and see examples of projects. We will start a name tag and/or wood box project while in class and hopefully have it finished when you head home to show all what you have accomplished. **Instructor** - Angel Abbs Portice

Wilderness First Aid - (E) (Inside - you may take a short venture outside) What's in your first aid kit? Find out which items you "should have" and which items you "must have." What are the most common injuries and illnesses? Do you know how to treat them? With hands on practical instruction and a variety of outdoor scenarios, you'll learn what to do when emergency help is delayed! Are you prepared to save a life in a wilderness setting? **Instructor** - Mike Knack

Ice Fishing - (E-M) This course is geared to beginning ice anglers, offering numerous tips for fun ice fishing. Learn how lakes change in winter, what to look for when choosing a site and how to set up your ice house. Basic equipment, electronics, jigging techniques, customizing your own gear and bait choices will be covered. Fishing time spent on the ice. Dress appropriately. Waterproof boots are recommended. **A Michigan Restricted Fishing License (\$15) or 24 hour fishing license (\$7) is required.** **Instructor** - Justin Farley & ?

Fish Identification - (E) (Inside) You need to know what type of fish you are fishing for, right? Learn the common popular fish species in the area, how to tie a hook on your fishing rod, examine the anatomy of a brook trout and the different types of lures you might use. You'll be shown how to fillet a fish and how to use catch and release techniques in this class. **Instructor - Sharon Babbitt**

Winter Shelters & Winter Camping - (M-S) Discover ideas to help ward off frostbite and hypothermia. Learn the basics of winter camping such as clothing, equipment, food, and other season-specific considerations. Learn how to build a tree shelter and a quinzee, and discover how to stay warm in the most severe storm or numbing cold. Maybe spend the night in the quinzee when it's finished! Please dress appropriately. If you would like to spend the night in the shelter, please bring your winter gear & include a winter type sleeping bag & pad!! Please make a note on the registration form if you are planning on spending the night in the shelter so you are put in the Saturday classes. For those of you taking this class we would like to start packing the snow mound on Friday afternoon if possible. **Instructors - Tara Gluski & David Kalishek**

Backcountry Cooking - (E) Be prepared to have a great meal when you are camping or out on a trail. It doesn't have to be canned soup or boxed foods! Learn about various camp stoves and fuels, cookware, and easy delicious meals on a single burner stove. Get recipes that will work for you while backpacking or campground cooking. See how grocery store foods can keep your food interesting and tasty. Part of the class will be outdoors so dress accordingly. If you have a food allergy - please make a note of that on your registration form. **Instructors - Gretta Steele and Cathy Pederson**

Intro to GPS/Geocach - (E-M) Learn to have fun in the woods and know where you are at the same time. We'll teach you how to find your current location, where you were, where you're going and how long it will take to get there. Come ready to take a short hike outside and explore. **Instructors -Michelle Landis & Kate Farris**

Basic Snowshoeing - (M-S) Learn the basic techniques, proper clothing to wear, types of trails, what to bring with you, pros and cons of poles and different types of shoes then we'll take a leisurely stroll through the woods. **Instructors - Sue Petschke & Sandy Kivela (Please bring your water bottle to class)**

Self Confidence - (M-S) (Inside) Do you enjoy hiking, hunting, or recreating in remote or out of the way destinations, but have felt apprehensive to do so by yourself? This class is designed to give you the knowledge and skills that will boost your self confidence when recreating outdoors by yourself by learning some defense techniques. Please arrive at the class dressed in comfortable clothing and gym shoes and be prepared for a very physical and informative session! **Instructors - Jane Gordon & Mike Knack**

Hand & Power Tools - (E) (Inside) Ladies have you ever wanted to fix something around the house or at camp and didn't want to have to ask the spouse or call a contractor? Well this class will teach you the different styles, uses and safety of some commonly used hand and power tools around the home. You will take a hand on approach to confidently understanding when, where and how specific tools are used to remedy that minor household repair. *Instructor - Jason Peterson*

Perennial Gardening - (E) (Inside) This class will show you how to create a perennial or herb garden starting with a simple design that you will create. We'll also discuss ideas for using herbs in different recipes. Spring is just around the corner! **Bring to class the measurements and a picture (if you can) of an area in your yard that you would like to create a flowery show piece and Nancy will help you design it.** *Instructor - Nancy Peterson*

Fly Tying - (E) (Inside) An introductory course on the "how to" of tying flies. Fly types and their uses will be discussed and demonstrated, including nymphs, dry flies, wet flies and streamers. Participants will get to "try their hand" at tying flies, which you will be able to take home and try them out on your next fishing trip! A few new types of flies for trout, bluegill and small mouth bass will be taught. *Instructor - Tim Glover*

Snowmobiling - (M-S) Learn the basics for snowmobiling and receive a safety certificate in the process. This class includes a snowmobile ride on an approved course, information concerning rules of the trail, appropriate clothing, riding techniques, basic mechanics, survival tips, and choosing the proper sled. This class **requires home study prior** to the BOW weekend. You will be sent a snowmobile workbook when your registration is received, and will be required to bring the finished workbook with you to class. If the pre-work is not completed a certificate can't be issued. Items to bring include warm outer clothing or a snowmobile suit and a proper fitting helmet if available. Class size is limited. *Instructor - Laurie VanDamme*

Back Country Skiing - (M-S) Part snowshoe and part ski, The Marquette backcountry ski gives you unprecedented winter access and fun. Climb up and slide down snow covered terrain. This class will introduce you to a different type of skiing/snowshoeing that is becoming popular and easy to get started. The class size is limited. Equipment provided!

***** Directions to Downwind Sports - located on Third Street in Marquette (514 N.Third) - when coming into Marquette on Front Street (those coming from the south on US 41 - going straight US 41 turns into Front St) - you can turn left on West Washington and Right on Third St. they are on the right side of the road about 4 blocks up from Washington St**

Those coming from the west - you will follow directions to downtown Marquette (US 41 turns into business 41 which is also West Washington St - Turn left on Third St by the Post Office)

YOUR BOW CREW WELCOMES YOU!



MICHIGAN 2014 Becoming an Outdoor Woman (BOW) SCHOLARSHIP APPLICATION

Michigan BOW Scholarship applications are now available for women 18 and older. The BOW scholarship is intended to enable women who, for financial reasons, may not be able to afford the BOW registration fee. Full and partial scholarships will be available on a limited basis. Determination of scholarship funding is solely within the rights of the BOW Committee organization.

To be considered for a scholarship the **Application Deadline is: January 6, 2014** for the February event at Bay Cliff. *(Please keep in mind classes are filled on a first come basis – so please consider getting your application in ASAP for best selection of your class choices if you are awarded a scholarship – as I will place you in your classes while we wait for the decision)*
Decisions will be made on January 17, 2014 and you will be notified no later than January 21, 2014, if you qualify. *If you have been awarded a scholarship in the past, you are not eligible to receive another one.*

You may email a copy of the scholarship application and any attachments to:
pitzs@michigan.gov or fax it to 906-228-5245. For further information or clarification call Sharon Pitz at 906-228-6561. Everything submitted will be kept confidential.

APPLICANT INFORMATION

Name _____ Phone (H) _____

Address _____ Phone (W) _____

City/State _____

Email _____

Are you a First Time Michigan BOW Participant? YES _____ NO _____
(Special considerations may be given for first time participants)

Are you applying for a full or partial scholarship?

_____ - Full Scholarship \$180

_____ - Partial Scholarship \$105 (you will be responsible for \$75) – if awarded you will be notified and a check must be sent in order to participate in the program

FOR OFFICE USE ONLY:

Date Received _____ Application # _____

Approved _____ Denied _____

Office Use Only:
Date Rec'd _____
Application # _____

Application Questions:

1. Why do you want to attend the Becoming an Outdoors Woman program?

2. What do you expect to learn from the BOW program and how do you anticipate sharing those newfound skills?

3. How did you hear about the Becoming an Outdoors Woman Program?

4. Please indicate the category that best describes your total annual household income from all sources.

<input type="checkbox"/> Less than \$10,000	<input type="checkbox"/> \$30,000 to \$39,000	<input type="checkbox"/> \$60,000 to \$69,999
<input type="checkbox"/> \$10,000 to \$19,000	<input type="checkbox"/> \$40,000 to \$49,999	<input type="checkbox"/> \$70,000 +
<input type="checkbox"/> \$20,000 to \$29,999	<input type="checkbox"/> \$50,000 to \$59,000	

5. How many people live in your household that is also your dependents? _____

OPTIONAL

6. If you choose, please clearly state your need for hardship assistance that may help us determine your financial picture in regards to attending this program. Indicate any special family situations, employment status, etc. (attach additional page if necessary)

SUGGESTED ITEMS TO BRING FOR THE WEEKEND -

Bedding/pillow - **NOT PROVIDED**

Bath Towels/Wash Cloth - **NOT PROVIDED**

Shampoo/Soap

Sunglasses/Sunscreen

Chapstick/Lip Balm

Hat/cap (bring an extra if you have one)

Earmuffs/neck gaiter/headband

Warm Winter Jacket

Waterproof Pants/outdoor pants

Short/Long sleeved shirts

Wicking type shirt (if you have)

Warm Winter Boots

Socks - bring extra for layering

(might bring a few light pairs as well)

Slipper/camp shoes for inside

Long/thermal underwear

Gloves/mittens (bring an extra pair or two)

Alarm Clock (battery or electric)

Bathroom Cup

Flashlight or Headlamp - for nighttime walking/activities

Swimwear/Shower Thongs/Extra Towel for Sauna

Earplugs (if you're a light sleeper - **dorm style rooms**)

Winter sleeping bag & pad - if camping out overnight (Winter Shelter class)

WATER BOTTLE - You need to keep hydrated while doing outside activities☺

NOTE: We encourage you to pack breathable, synthetic material clothing, socks and underwear for your weekend at Bay Cliff. Cotton tends to get wet (from sweat or wet snow) and lowers your body temperature, making you cold and uncomfortable. Find clothing that will not trap moisture next to your skin and you can layer so your skin can breathe. Ask experts at your local ski shop or sporting goods store for ideas or research "winter clothes" on the web. Numerous light layers are much better than two or three heavy layers. Be prepared to add or take off layers while taking part in your activities outdoors. Contact us if you have questions.

OPTIONALS

Hand/or feet warmers (disposable)

Binoculars/Compass/Camera

Personal items/Kleenex/medications/toothbrush/hair dryer

Clothesline/Clothespins (to hang up any wet clothes)

Deck of cards/books

Money for gifts or purchases from the Bay Cliff store, our BOW Scholarship Auction and miscellaneous BOW items!

If you have your own snowshoes or skis feel free to bring them but (please mark them in some way so they do not get mixed up with our rentals!!)

PLEASE REMEMBER THE BAY CLIFF HEALTH CAMP IS A NON-SMOKING, ALCOHOL - FREE FACILITY **PLEASE NOTE -The sauna is open for our use.

****FOLLOW THE ORANGE SIGNS** that say "**BOW**" and the map that will come with your registration packet to help guide you to Bay Cliff Health Camp.

FRIDAY, FEBRUARY 28, 2014

3 - 5 p.m.	Check in/Registration
5 - 5:30 p.m.	Welcome & Introductions
6:00 - 6:45 p.m.	Dinner
7:30 - 8:30 p.m.	Evening Activity to be announced
8:30 p.m.	Bonfire - Sauna open

SATURDAY, MARCH 1, 2014

8:00 - 8:45 a.m.	Breakfast
9:00 - Noon	SESSION I
12:30 - 1:15 p.m.	Lunch
2:00 - 5:00 p.m.	SESSION II
5:45 - 6:30 p.m.	Dinner
7 p.m.	Silent Auction - final bids due
7:30 p.m.	Tally and give out winning items
8 p.m.	Evening Activity to be announced
8:30 p.m.	Relax, take a hike, play a board game, star gazing Bonfire - Sauna Open

SUNDAY, MARCH 2, 2014

8:00 - 8:45 a.m.	Breakfast
9:00 - Noon	SESSION III
12:30 p.m.	Lunch and Wrap-up Remarks



Dear BOW Participant and Instructor:

Once again we would like to hold a silent auction this winter to help provide scholarships to women who would like to come, but can't afford it. It will be a lot of fun and we get to send participants home with some wonderful outdoor equipment at the same time.

We are asking each participant and instructor to bring an item for the auction. It doesn't have to be anything big (but we won't complain if it is). It doesn't have to be anything new! Just bring something if you can! Below are some general guidelines, but don't let them stifle your creativity.

- ❖ It should have an outdoor theme, but doesn't have to be outdoor equipment. Examples – a lamp shade made of natural materials, homemade hat or mittens, a pair of mosquito earrings (you know that is our state bird!). Of course you're welcome to bring, a compass, tent, drink bottles, etc.
- ❖ It can be new or used, as long as it is in good condition! If you have a piece of outdoor equipment that you are no longer using or don't plan to use, or if you have a relative that camped out and he left you his perfectly good backpack, feel free to bring it!
- ❖ It can be worth 50 cents, \$5 or \$100 and anything over, under and in between.
- ❖ You can ask for donations from merchants and organizations. Feel free to show them this letter or have them call me if you need a tax deductible receipt or more information about this event.
- ❖ If you have an item to donate, please bring it to the Auditorium when you arrive for the weekend, we will have tables set up and a bid sheet for your item.

All proceeds from the auction will help pay for scholarships for future programs. If you have any questions, please contact me at 906-228-6561 or email at pitzs@michigan.gov. Thanks for participating!!

Sincerely,

Sharon Pitz
UP BOW Coordinator